

What a great moment to talk with kids about substance use.



Because small talks can make a big difference.

Substance use can do lasting damage to a kid's growing brain, impacting everything from how they learn and make decisions to how they handle emotions. But you don't need a big speech to help a kid understand the impacts of substance use. Start small instead. Having a lot of short, casual talks—at the store, in the drive-thru, or between video games—can make a big difference in a kid's health. Start around age 8 to prepare kids to make a lifetime of healthy decisions.

Visit **SmallTalksWi.org** for talk tips and more.

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